



## 2010-2011 Singles, Pairs, Ice Dance Program Requirements

*DRAFT: As of May 14, 2010*

Please find attached charts representing summary/ overviews of the program content requirements for Singles, Pairs and Ice Dance for the 2010-2011 season. Changes to program requirements are highlighted in red with either a strikethrough (deleting an existing criteria) or an underline (adding a criteria). Changes that occur as a result of normal season rotations have not been given such indication.

PLEASE NOTE: some of these changes (particularly in the Junior and Senior levels) are still subject to final approval at the ISU Congress. Where that is the case there is a note that indicates "PENDING ISU Congress Approval" – these changes are subject to change and will not be finalized until June 18, 2010. Skate Canada will issue an updated version of this document as soon as possible following the June 18<sup>th</sup> approval date.

In addition to the program changes outlined in the attached charts, there are ISU proposals and communications that may impact construction of programs. The most important of these proposed changes are listed below. There are many other changes to be discussed at the Congress that are of less consequence to program construction. For full details refer to ISU Communication 1609.

### **Overview of Proposed ISU Changes in Singles/ Pairs:**

- PENDING: Changes to the Junior/ Senior Short and Free Program content – itemized in the attached charts.
- PENDING: Changes to spiral sequences as indicated in the attached charts. Minimum requirement for the spiral sequence will be as follows: At least two spirals for at least three seconds (for both partners in pairs). In singles, this can be replaced by one spiral that is at least six seconds. Spiral sequences not meeting this minimum will be assigned level 0, and receive no value.
- PENDING: The base value of combination jumps will now be calculated as the sum of the base values of the jumps included multiplied by a factor of 1.1.
- PENDING: Combination jump definition revision – when a ½ loop is included between two jumps, with no other hops, the element will be considered a three jump combination. The base value of the ½Lo will be the same as a 1Lo. Example: 1A+½Lo+2S will be considered a three jump combination. If you do not wish it to count as a three -jump

combination, please be sure to include other hops (eg. Mazurka) in the sequence. Please remember that three jump combinations are not permitted at Novice and lower events.

- PENDING: A difficult change of position will now be considered as a difficult variation in the levels chart.
- **NOTE: ISU COMMUNICATION 1611:** *The Scale of Values, Levels Definitions and GOE consideration charts are the authority of the ISU Technical Committee. They are not subject to vote at the ISU Congress. The main changes in this communication include changes to the definition and penalty of under-rotated jumps, throws and twists; changes to the scale of values for all jumps (and other elements in pairs) as well as new level definitions. Please review this document carefully.*

### **Overview of Proposed Changes in Ice Dance:**

- PENDING: Compulsory Dances to be renamed as “Pattern Dances”.
- PENDING: Changes to the Junior/ Senior Program content – itemized in the attached charts – there will be only two parts to the competition for Junior and Senior. Part 2 will be a Free Dance.
  - Part 1: Junior: there are two options being debated at the ISU Congress: Compulsory (Pattern) Dance or Short Dance. The final decision will be determined by vote of members at the ISU Congress.
  - Part 1: Senior: Short Dance
  - Content of the proposed Short Dance has not yet been published – please watch for upcoming ISU communications.
- PENDING: Throw jumps of more than one revolution to be illegal elements.
- PENDING: Touching of the ice with hand(s), kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall.
- PENDING: Music for the free dance must have at least one change of tempo/expression. This change may be gradual or immediate but must be evident. For additional wording on Free Dance music, please see ISU communication 1610.
- **NOTE: ISU COMMUNICATION 1610:** *The Scale of Values, Levels Definitions and GOE consideration charts are the authority of the ISU Technical Committee. They are not subject to vote at the ISU Congress. Free Dance content requirements are outlined in full – and provide more detail than included in the charts in this document – and include the revisions to the level definitions. Note that there are changes anticipated in the Scale of Values – to be published in a subsequent communication. Please monitor the ISU website for the publication of these charts.*

**SINGLES SKATING**

<b>Pre-Juvenile Women Free Program (2:30 ±0:10)</b>	<b>Pre-Juvenile Men Free Program (2:30 ±0:10)</b>
<p>JUMPS: Maximum of seven jump elements.</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff.</li> <li>• Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.</li> </ul> <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot.</li> <li>• One must be a flying spin.</li> <li>• One spin of any nature.</li> </ul> <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. <i>All step and spiral sequences shall be called no higher than Level 1.</i></p>	<p>JUMPS: Maximum of seven jump elements.</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff.</li> <li>• Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.</li> </ul> <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot.</li> <li>• One must be a flying spin.</li> <li>• One spin of any nature.</li> </ul> <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. <i>All step and spiral sequences shall be called no higher than Level 1.</i></p>

<b>Juvenile Women Free Program (2:30 ±0:10)</b>	<b>Juvenile Men Free Program (2:30 ±0:10)</b>
<p>JUMPS: Maximum of seven jump elements.</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff.</li> <li>• Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.</li> </ul> <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot.</li> <li>• One must be a flying spin in one position with no change of foot.</li> <li>• One must be a spin of any nature.</li> </ul> <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. <i>All step and spiral sequences shall be called no higher than Level 1.</i></p>	<p>JUMPS: Maximum of seven jump elements.</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff.</li> <li>• Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.</li> </ul> <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p>SPINS: Maximum of three spins. <i>All spins shall be called no higher than Level 1.</i></p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot.</li> <li>• One must be a flying spin in one position with no change of foot.</li> <li>• One must be a spin of any nature.</li> </ul> <p>STEP/SPIRAL SEQUENCES: Maximum of one step sequence or spiral sequence. <i>All step and spiral sequences shall be called no higher than Level 1.</i></p>

<b>Pre-Novice Women Short Program (max: 2:30)</b>	<b>Pre-Novice Women Free Program (3:00 ±0:10)</b>
<p><b>JUMPS</b></p> <p>(a) One Single or Double Axel  (b) One Double or Triple Jump  (c) One Jump Combination including two double jumps or one double and one triple jump</p> <p><i>Note: The 2A may be repeated, but if it is repeated one must be in combination.</i>  <i>Note: Other than the 2A, no jump can be repeated unless as the first and second jump in the combination.</i>  ** Only one triple jump may be included in the program</p> <p><b>SPINS</b></p> <p>(a) Layback or Sideways Leaning Spin (min. 5 revolutions)  (b) Spin Combination with one (and only one) change of foot and at least two basic positions (min. 4 revolutions on each foot)</p> <p><i>No flying entry on any spin</i></p> <p><b>STEP/SPIRAL SEQUENCES</b></p> <p>(a) One step sequence (any pattern)  (b) One spiral sequence</p> <p><i>(pending ISU congress decisions, the spiral sequence may have only Level 1 or Level 0 options.)</i></p>	<p><b>JUMPS:</b> Maximum of seven jump elements.</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff.</li> <li>• Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.</li> </ul> <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p><b>SPINS:</b> Maximum of three spins.</p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot.</li> <li>• One must be a flying spin in one position with no change of foot.</li> <li>• One spin of any nature.</li> </ul> <p><b>STEP/SPIRAL SEQUENCES:</b> Maximum of one step sequence or one spiral sequence.</p> <p><i>(pending ISU congress decisions, the spiral sequence may have only Level 1 or Level 0 options.)</i></p>

<b>Pre-Novice Men Short Program (max: 2:30)</b>	<b>Pre-Novice Men Free Program (3:00 ±0:10)</b>
<p><b>JUMPS</b></p> <p>(a) One Single or Double Axel  (b) One Double or Triple Jump  (c) One Jump Combination including two double jumps or one double and one triple jump</p> <p><i>Note: The 2A may be repeated, but if it is repeated one must be in combination.</i>  <i>Note: Other than the 2A, no jump can be repeated unless as the first and second jump in the combination.</i>  ** Only one triple jump may be included in the program</p> <p><b>SPINS</b></p> <p>(a) Sit Spin with only one change of foot (min. 4 revolutions on each foot)  (b) Spin Combination with one (and only one) change of foot and at least two basic positions (min. 4 revolutions on each foot)</p> <p><i>No flying entry on any spin</i></p> <p><b>STEP/SPIRAL SEQUENCES</b></p> <p>(a) Two different step sequences</p>	<p><b>JUMPS:</b> Maximum of seven jump elements.</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff.</li> <li>• Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.</li> </ul> <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p><b>SPINS:</b> Maximum of three spins</p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot.</li> <li>• One must be a flying spin in one position with no change of foot.</li> <li>• One spin of any nature.</li> </ul> <p><b>STEP/SPIRAL SEQUENCES:</b> Maximum of one step sequence.</p>

<b>Novice Women Short Program (max: 2:30)</b>	<b>Novice Women Free Program (3:00 ±0:10)</b>
<p><b>JUMPS</b></p> <p>(a) One Single or Double Axel</p> <p>(b) One Double or Triple Jump <i>immediately preceded by connecting steps and/or other comparable free skating movements</i></p> <p>(c) One Jump Combination including two double jumps or one double and one triple jump*</p> <p><i>* The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.</i></p> <p><b>SPINS</b></p> <p>(a) Layback or Sideways Leaning Spin (min. 6 revolutions)</p> <p>(b) Spin Combination with one (and only one) change of foot and at least two basic positions (min. 4 revolutions on each foot)</p> <p><i>No flying entry on any spin</i></p> <p><b>STEP/SPIRAL SEQUENCES</b></p> <p>(a) One step sequence (any pattern)</p> <p>(b) One spiral sequence</p> <p><i>(pending ISU congress decisions, the spiral sequence may have only Level 1 or Level 0 options.)</i></p>	<p><b>JUMPS:</b> Maximum of seven jump elements.</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff.</li> <li>• Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.</li> </ul> <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p><b>SPINS:</b> Maximum of three spins.</p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot.</li> <li>• One must be a flying spin in one position with no change of foot.</li> <li>• One spin of any nature.</li> </ul> <p><b>STEP/SPIRAL SEQUENCES:</b> Maximum of one step sequence or one spiral sequence.</p> <p><i>(pending ISU congress decisions, the spiral sequence may have only Level 1 or Level 0 options.)</i></p>

<b>Novice Men Short Program (max: 2:30)</b>	<b>Novice Men Free Program (3:30 ±0:10)</b>
<p><b>JUMPS</b></p> <p>(a) One Single or Double Axel</p> <p>(b) One Double or Triple Jump <i>immediately preceded by connecting steps and/or other comparable free skating movements</i></p> <p>(c) One Jump Combination including two double jumps or one double and one triple jump*</p> <p><i>* The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.</i></p> <p><b>SPINS</b></p> <p>(a) Sit or Camel Spin with option change of foot (min. 5 revolutions on each foot)</p> <p>(b) Spin Combination with one (and only one) change of foot and at least two basic positions (min. 5 revolutions on each foot)</p> <p><i>No flying entry on any spin</i></p> <p><b>STEP/SPIRAL SEQUENCES</b></p> <p>(a) Two different step sequences</p>	<p><b>JUMPS:</b> Maximum of eight jump elements.</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff.</li> <li>• Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps.</li> </ul> <p><i>No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence.</i></p> <p><b>SPINS:</b> Maximum of three spins.</p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot.</li> <li>• One must be a flying spin in one position with no change of foot.</li> <li>• One spin of any nature.</li> </ul> <p><b>STEP/SPIRAL SEQUENCES:</b> Maximum of one step sequence.</p>

<p><b>Junior Women Short Program (max: 2:50)</b></p> <p><b>JUMPS</b></p> <p>(a) Double Axel</p> <p>(b) One double or triple loop jump <i>immediately preceded by connecting steps and/or other comparable free skating movements</i></p> <p>(c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps*</p> <p><i>* The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.</i></p> <p><b>SPINS</b></p> <p>(a) Flying camel spin. Landing foot optional. Minimum eight revolutions</p> <p>(b) Layback or sideways leaning spin. Minimum eight revolutions</p> <p>(c) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum six revolutions each foot</p> <p><b>STEP/SPIRAL SEQUENCES</b></p> <p>(a) One step sequence (any pattern)</p> <p><del>One spiral sequence</del> <i>(The elimination of the spiral sequence is PENDING ISU Congress approval)</i></p>	<p><b>Junior Women Free Program (3:30 ±0:10)</b></p> <p><b>JUMPS:</b> Maximum of seven jump elements</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff</li> <li>• Maximum of three jump combinations or sequences, one jump combination may contain three jumps</li> </ul> <p><i>No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence. Maximum two triple or quad jumps repeated. Maximum <del>three</del> <u>two</u> double axels.</i></p> <p><i><u>Note – change of maximum number of 2A's is pending ISU congress decision.</u></i></p> <p><b>SPINS:</b> Maximum of three spins</p> <ul style="list-style-type: none"> <li>• One must be a combination spin. Minimum ten revolutions total</li> <li>• One must be a flying spin. Minimum six revolutions</li> <li>• One must be a spin in one position (change foot optional). Minimum six revolutions.</li> </ul> <p><b>STEP/SPIRAL SEQUENCES:</b> Maximum one step sequence.</p>
<p><b>Junior Men Short Program (max: 2:50)</b></p> <p><b>JUMPS</b></p> <p>(a) Double or triple Axel</p> <p>(b) One double or triple loop jump <i>immediately preceded by connecting steps and/or other comparable free skating movements</i></p> <p>(c) One jump combination consisting of one double and one triple jump or two triple jumps*</p> <p><i>* The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.</i></p> <p><b>SPINS</b></p> <p>(a) Flying Camel spin. Landing foot optional. Minimum eight revolutions.</p> <p>(b) Sit spin with only one change of foot. Minimum six revolutions on each foot</p> <p>(c) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum six revolutions each foot</p> <p><b>STEP/SPIRAL SEQUENCES:</b> <del>Two different</del> <u>One</u> step sequence <i>(The elimination of one step sequence is PENDING ISU Congress approval)</i></p>	<p><b>Junior Men Free Program (4:00 ±0:10)</b></p> <p><b>JUMPS:</b> Maximum of eight jump elements.</p> <ul style="list-style-type: none"> <li>• One jump must be an Axel type takeoff.</li> <li>• Maximum of three jump combinations or sequences, one jump combination may contain three jumps.</li> </ul> <p><i>No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence. Maximum two triple or quad jumps repeated. Maximum <del>three</del> <u>two</u> double axels. <u>Note – change of maximum number of 2A's is pending ISU congress decision.</u></i></p> <p><b>SPINS:</b> Maximum of three spins.</p> <ul style="list-style-type: none"> <li>• One must be a combination spin. Minimum ten revolutions total.</li> <li>• One must be a flying spin. Minimum six revolutions.</li> <li>• One must be a spin in one position (change foot optional). Minimum six revolutions.</li> </ul> <p><b>STEP/SPIRAL SEQUENCES:</b> Maximum of one step sequence.</p>

Senior Women Short Program (max: 2:50)	Senior Women Free Program (4:00 ±0:10)
<p><b>JUMPS</b></p> <p>(a) Double <u>or Triple</u> Axel <u>(3A pending ISU Congress Approval)</u></p> <p>(a) One triple jump <i>immediately preceded by connecting steps and/or other comparable free skating movements</i></p> <p>(b) One jump combination consisting of one double and one triple jump or two triple jumps*</p> <p>* <i>The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different.</i></p> <p><b>SPINS</b></p> <p>(a) Flying spin. Minimum eight revolutions. <u>(not Flying Layback – PENDING ISU Congress Approval)</u></p> <p>(b) Layback or sideways leaning spin. Minimum eight revolutions</p> <p>(c) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum six revolutions each foot</p> <p><b>STEP/SPIRAL SEQUENCES</b></p> <p>(a) One step sequence (any pattern)</p> <p><del>(b) One spiral sequence</del> <u>(The elimination of the spiral sequence is PENDING ISU Congress approval)</u></p>	<p><b>JUMPS:</b> Maximum of seven jump elements.</p> <ul style="list-style-type: none"> <li>One jump must be an Axel type takeoff.</li> <li>Maximum of three jump combinations or sequences, one jump combination may contain three jumps.</li> </ul> <p><i>No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence. Maximum two triple or quad jumps repeated. Maximum <del>three</del> two double axels.</i></p> <p><u>Note – change of maximum number of 2A's is pending ISU congress decision.</u></p> <p><b>SPINS:</b> Maximum of three spins.</p> <ul style="list-style-type: none"> <li>One must be a combination spin. Minimum ten revolutions total.</li> <li>One must be a flying spin. Minimum six revolutions.</li> <li>One must be a spin in one position (change foot optional). Minimum six revolutions.</li> </ul> <p><b>STEP/SPIRAL SEQUENCES:</b> Maximum of one step sequence (any pattern) and one spiral sequence</p> <p><u>(pending ISU congress decisions, the spiral sequence may have only Level 1 or Level 0 options.)</u></p>

Senior Men Short Program (max: 2:50)	Senior Men Free Program (4:30 ±0:10)
<p><b>JUMPS</b></p> <p>(a) Double or Triple Axel</p> <p>(b) One triple or one quadruple jump <i>immediately preceded by connecting steps and/or other comparable free skating movements</i></p> <p>(c) One jump combination consisting of one double and one triple jump, or two triple jumps, or a quadruple jump and a double or triple jump*</p> <p>* <i>The jump combination may consist of the same jump or another double or triple jump. The jumps included must be different than the solo jump. Jumps (a) and (b) must be different. <u>Both (b) and (c) may include a quad so long as they are different (PENDING ISU Congress Approval)</u></i></p> <p><b>SPINS</b></p> <p>(a) Flying spin. Minimum eight revolutions.</p> <p>(b) Camel spin or sit spin with only one change of foot. Minimum six revolutions each foot. <u>(Spinning position must be different than that executed in the Flying Spin – PENDING ISU Congress Approval)</u></p> <p>(c) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum six revolutions each foot.</p>	<p><b>JUMPS:</b> Maximum of eight jump elements</p> <ul style="list-style-type: none"> <li>One jump must be an Axel type takeoff.</li> <li>Maximum of three jump combinations or sequences, one jump combination may contain three jumps.</li> </ul> <p><i>No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence. Maximum two triple or quad jumps repeated. Maximum <del>three</del> two double axels.</i></p> <p><u>Note – change of maximum number of 2A's is pending ISU congress decision.</u></p> <p><b>SPINS:</b> Maximum of three spins.</p> <ul style="list-style-type: none"> <li>One must be a combination spin. Minimum ten revolutions total.</li> <li>One must be a flying spin. Minimum six revolutions.</li> <li>One must be a spin in one position (change foot optional). Minimum six revolutions.</li> </ul>

STEP/SPIRAL SEQUENCES

(a) ~~Two different~~ One step sequence

*(The elimination of one step sequence is PENDING ISU Congress approval)*

STEP/SPIRAL SEQUENCES: Maximum of two step sequences of a different nature.

*(pending ISU congress decisions, the second step sequence may have only Level 1 or Level 0 options.)*

## PAIR SKATING

### **Pre-Juvenile Pair Free Program (2:30 ±0:10)**

- Maximum of two different lifts, at least one of which must be from group one. Lifts must not include a change of position
- Maximum of one twist lift
- Maximum of one solo jump
- Maximum of one solo jump combination (no more than two jumps) or sequence
- Maximum of one pair spin (may be in combination)
- Maximum of one solo spin (may be in combination)
- Maximum of one spiral figure or death spiral
- Maximum of one step sequence (straight line, circular or serpentine).

*All lifts, solo spins, pair spins, spiral figures or death spirals and step sequences shall be called no higher than Level 1 regardless of content.*

### **Juvenile Pair Free Program (2:30 ±0:10)**

- Maximum of two different lifts, at least one of which must be from group one. Lifts must not include a change of position
- Maximum of one twist lift
- Maximum of one throw jump
- Maximum of one solo jump
- Maximum of one solo jump combination (no more than two jumps) or sequence
- Maximum of one pair spin (may be in combination)
- Maximum of one solo spin (may be in combination)
- Maximum of one spiral figure or death spiral
- Maximum of one step sequence (straight line, circular or serpentine).

*All lifts, solo spins, pair spins, spiral figures or death spirals and step sequences shall be called no higher than Level 1 regardless of content.*

### **Pre-Novice Pair Short Program (max: 2:40)**

- (a) One lift from group 1, 2, 3 or 4
- (b) One twist (single or double)
- (c) One solo jump (Axel or any double jump)
- (d) Solo spin in one position, no change of foot (minimum 4 rotations)
- (e) Pair spin (minimum 4 rotations) - any but not a combination
- (f) One spiral figure
- (g) Spiral step sequence
- (h) Step sequence (straight line, circular or serpentine)

### **Pre-Novice Pair Free Program (3:00 ±0:10)**

- Maximum of two different lifts, one of which must be from group one, two, three or four.
- Maximum of one twist lift
- Maximum of two different throw jumps
- Maximum of one solo jump
- Maximum of one solo jump combination (no more than two jumps) or sequence
- Maximum of one pair spin (may be in combination)
- Maximum of one solo spin (may be in combination)
- Maximum of one spiral figure or death spiral
- Maximum of one step sequence (straight line, circular or serpentine).

<b>Novice Pair Short Program (max: 2:40)</b>	<b>Novice Pair Free Program (3:30 ±0:10)</b>
(a) One toe Lasso-lift take-off (Group 5T) (b) One twist lift (double) (c) Any double or triple jump (d) Solo spin combination with only one change of foot and at least one change of position (e) Pair spin combination with at least one change of position and only one change of foot (f) Death spiral backward inside (g) Throw Double Toe Loop (h) Spiral sequence	<ul style="list-style-type: none"> <li>• Maximum of two different lifts, at least one of which must be from group three or four</li> <li>• Maximum of one twist lift</li> <li>• Maximum of two different throw jumps</li> <li>• Maximum of one solo jump</li> <li>• Maximum of one jump combination (no more than two jumps) or sequence</li> <li>• Maximum of one pair spin or pair spin combination</li> <li>• Maximum of one solo spin or solo spin combination</li> <li>• Maximum of one death spiral without restriction as to type</li> <li>• Maximum of one step sequence</li> </ul>

<b>Junior Pair Short Program (max: 2:50)</b>	<b>Junior Pair Free Program (4:00 ±0:10)</b>
(a) One toe Lasso-lift take-off (Group 5T) (b) One twist lift (double) (c) Any double or triple jump ( <i>Double loop or double Axel for ISU Junior</i> ) (d) Solo spin combination with only one change of foot and at least one change of position <del>(e) Pair spin combination with at least one change of position and only one change of foot</del> (f) Death spiral backward inside (g) Throw Double or Triple Toe Loop (h) <del>Spiral</del> <b>Step</b> sequence <i>Note: The elimination of the Pair Combination Spin is PENDING ISU Congress Approval – the intention that it will rotate annually with the solo spin combination</i> <i>Note – the replacement of the Spiral Sequence with a Step Sequence is PENDING ISU Congress Approval</i>	<ul style="list-style-type: none"> <li>• Maximum of two lifts, one of which must be from group three or four</li> <li>• Maximum of one twist lift</li> <li>• Maximum of two different throw jumps</li> <li>• Maximum of one solo jump</li> <li>• Maximum of one jump combination (<u>two or three jumps</u>) or sequence</li> <li>• Maximum of one solo spin or solo spin combination</li> <li>• Maximum of one pair spin or pair spin combination</li> <li>• Maximum of one death spiral</li> <li>• Maximum of one <del>step</del> <b>Spiral</b> sequence</li> </ul> <i>Note: The allowance of a three jump combination is PENDING ISU Congress Approval</i> <i>Note: The change of the Step Sequence to a Spiral Sequence is PENDING ISU Congress Approval (pending ISU congress decisions, the spiral sequence may have only Level 1 or Level 0 options.)</i>

Senior Pair Short Program (max: 2:50)	Senior Pair Free Program (4:30 ±0:10)
<p>(a) One overhead lift: any Lasso lift take-off (any Group 5)</p> <p>(b) One twist lift (double or triple)</p> <p>(c) One throw jump (double or triple)</p> <p>(d) One solo jump (double or triple)</p> <p>(e) Solo spin combination with only one change of foot and at least one change of position</p> <p><del>(f) Pair spin combination with at least one change of position and only one change of foot (sit, camel, upright or any variation thereof)</del></p> <p>(g) One death spiral: backward inside</p> <p>(h) <del>Spiral</del> Step sequence</p> <p><i>Note: The elimination of the Pair Combination Spin is PENDING ISU Congress Approval – the intention that it will rotate annually with the solo spin combination</i></p> <p><i>Note – the replacement of the Spiral Sequence with a Step Sequence is PENDING ISU Congress Approval</i></p>	<ul style="list-style-type: none"> <li>• Maximum of three lifts, one of which must be from group three or four</li> <li>• Maximum of two twist lift with different take offs <i>The maximum number of lifts and twist lifts combined must not exceed 4</i></li> <li>• Maximum of two different throw jumps</li> <li>• Maximum of one solo jump</li> <li>• Maximum of one jump combination (<u>two or three jumps</u>) or sequence</li> <li>• Maximum of one solo spin combination</li> <li>• Maximum of one pair spin combination</li> <li>• Maximum of one death spiral <i>different from the death spiral of the Short Program</i></li> <li>• Maximum of one <del>step</del> <u>Spiral</u> sequence</li> </ul> <p><i>Note: The allowance of a three jump combination is PENDING ISU Congress Approval</i></p> <p><i>Note: The restriction on the Death Spiral is PENDING ISU Congress Approval</i></p> <p><i>Note: The change of the Step Sequence to a Spiral Sequence is PENDING ISU Congress Approval (pending ISU congress decisions, the spiral sequence may have only Level 1 or Level 0 options.)</i></p>

## ICE DANCING

<b>Pre-Juvenile Dance</b>	
Two Compulsory Dances to be skated to be drawn from the Junior Bronze Dance list	
<b>Juvenile Dance – Compulsory</b>	<b>Juvenile Dance – Free Dance (2:00 ±0:10)</b>
Two Compulsory Dances, drawn from: <ul style="list-style-type: none"> <li>• Fiesta Tango,</li> <li>• Ten-Fox,</li> <li>• Fourteenstep,</li> <li>• European Waltz</li> </ul>	<ul style="list-style-type: none"> <li>• A maximum of one dance lift (six second - stationary, curve or straight Line)</li> <li>• A maximum of one dance spin (simple spin type, not combination type). Will be called to a maximum Level 2.</li> <li>• A maximum of one series of synchronized twizzles</li> <li>• A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching)</li> </ul>
<b>Pre-Novice Dance - Compulsory</b>	<b>Pre-Novice Dance – Free Dance (2:30 ±0:10)</b>
Two Compulsory Dances, drawn from: <ul style="list-style-type: none"> <li>• European Waltz,</li> <li>• Keats Foxtrot,</li> <li>• Harris Tango,</li> <li>• Rocker Foxtrot</li> </ul>	<ul style="list-style-type: none"> <li>• A maximum of two different dance lifts (six second - stationary, curve, straight line or rotational)</li> <li>• A maximum of one dance spin (simple spin type, not combination type)</li> <li>• A maximum of one series of synchronized twizzles</li> <li>• A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching)</li> </ul>
<b>Novice Dance – Compulsory</b>	<b>Novice Dance – Free Dance (3:00 ±0:10)</b>
Two Compulsory Dances, drawn from: <ul style="list-style-type: none"> <li>• Paso Doble,</li> <li>• Blues,</li> <li>• Westminster Waltz,</li> <li>• Quickstep</li> </ul>	<ul style="list-style-type: none"> <li>• A maximum of two different dance lifts (six second - stationary, curve, straight line or rotational), one of which may be a 12 second lift (Serpentine, Reverse Rotational, Combination)</li> <li>• A maximum of one dance spin (simple spin type, or combination type)</li> <li>• A maximum of one series of synchronized twizzles</li> <li>• A maximum of two different step sequences: one straight (midline in hold, midline not touching without sequential twizzles or diagonal) and one curved (serpentine with two or three bold curves, or circular). No required holds.</li> </ul>

<b>Junior Dance – Part 1</b>	<b>Junior Dance – Free Dance (3:30 ±0:10)</b>
<p><u>To Be Determined</u></p> <p><u>Not to be announced until following the decisions of the ISU Congress.</u></p>	<ul style="list-style-type: none"> <li>• Two different types of lifts* One of which may be chosen from the long lifts which must not exceed 12 seconds <b>OR three different short lifts</b></li> <li>• One dance spin (chosen from spin or combination spin)**.</li> <li>• One set of synchronized twizzles. <i>(Additional set(s) may be performed but only the first performed set will be identified and considered in determining the level of difficulty)</i></li> <li>• A maximum of two different step sequences in hold: one straight line (midline or diagonal) and one curved (serpentine with two or three bold curves, or circular).</li> </ul>

<b>Senior Dance – Part 1</b>	<b>Senior Dance – Free Dance (4:00 ±0:10)</b>
<p><u>To Be Determined</u></p> <p><u>Not to be announced until following the decisions of the ISU Congress.</u></p>	<ul style="list-style-type: none"> <li>• Three different types of lifts* One of which may be chosen from the long lifts which must not exceed 12 seconds <b>OR four different short lifts</b></li> <li>• One dance spin (chosen from spin or combination spin)**.</li> <li>• One set of synchronized twizzles. <i>(Additional set(s) may be performed but only the first performed set will be identified and considered in determining the level of difficulty)</i></li> <li>• A maximum of two different step sequences in hold: one straight line (midline or diagonal) and one curved (serpentine with two or three bold curves, or circular)</li> </ul>

\*Note: One additional lift (Junior) or two lifts (Senior) up to six seconds without any requirements for the level is permitted (provided that it is not illegal) but only the first two (Junior) or three (Senior) performed lifts will be identified and considered in determining the level of difficulty. The additional lift(s) will be considered by the judges in marking the choreography. However, if a fourth lift (Junior) or sixth lift (Senior) is performed, it will be considered by the technical panel as an extra element.

\*\*Note (Junior and Senior): One additional dance spin (spin or combo spin) is permitted but only the first performed dance spin will be identified and considered in determining the level of difficulty. This additional dance spin will be considered by the judges in marking the component for choreography. A third dance spin performed will be considered by the technical panel as an extra element.